

Ingredients

Bread of Choice
Options: Ezekiel bread, a good sourdough or a hearty seed bread

Avocado

Lemon Zest

Lemon Juice

Red Pepper Flakes

Cumin

Kosher Salt

Black Pepper

Chia Seeds

Arugula

Olive Oil

Eggs

Hot Sauce

Measurements

1 slice

1/2 avocado

1 tsp

1 TBSP

1/8 tsp

1/8 tsp

1/4 tsp

1/4 tsp

1 TBSP

1/4 cup

1 tsp

1 large

To Taste

MACRO BREAKDOWN:

Calories:	413
Total Fat:	29g
Total Carbohydrates :	29g
Dietary Fiber:	14g
Protein:	14g

METHOD:

Servings: 1

1. Toast your bread until golden on both sides.
2. In a small bowl, mash your avocado with a fork leaving 1/4" chunks. Mix in your lemon zest, lemon juice, red pepper flakes, cumin, salt, pepper and chia seeds.
3. Once toasted, lay your arugula down on the bread.
4. Heat oil in a small sautee pan over medium heat. Crack in your egg and cook for about 1 minute. Flip your egg and cook on the other side for about 30 seconds until the whites are cooked but the yolk is still runny. Place your cooked egg on top of the avocado.
5. Drizzle with your favorite hot sauce and ENJOY! I like to top mine with homegrown microgreens!



AVOCADO CHIA TOAST

Ingredients

- Unsweetened Vanilla Coconut Milk
(carton not can)
- Quinoa, Cooked
- Rolled Oats
- Chia Seeds
- Vegan PowerPro, Vanilla Creme
- Cinnamon, ground
- Cardemom, ground
- 1 serving garnish
- Almonds, slivered & toasted
- Coconut, shaved
- Blueberries

Measurements

- 1.5 cups
- 1/2 cup
- 1/2 cup
- 2 TBSP
- 1 scoop
- 1 tsp
- 1/8 tsp
- 1 TBSP
- 1 TBSP
- 1/4 cup

MACRO BREAKDOWN:

Calories:	397
Total Fat:	19g
Total Carbohydrates :	41g
Dietary Fiber:	16g
Protein:	19g

METHOD:

Servings: 2
Serving Size: 1 cup

1. In a bowl, jar or shaker bottle (my preferred method), combine coconut milk, quinoa, oats, chia seeds, protein powder and spices.
2. Put your lid on and shake well to completely combine all ingredients.
3. Refrigerate overnight.
4. In the morning, remove from the refrigerator and add more coconut milk or water to your desired texture. Top with slivered almonds, coconut shavings and blueberries



OVERNIGHT QUINOA CHIA OATS

Ingredients

- Lemon Juice
- Extra Virgin Olive Oil
- Dijon Mustard
- Garlic
- Quinoa
- Asparagus
- Chickpeas
- Lemon Zest
- Green onion
- Salt
- Pepper

Measurements

- 1 floz + 1 TBSP
- 1 floz + 1 tsp
- 1 TBSP
- 1/2 tsp peeled, minced
- 1/2 cup dry
- 2 cups 1/2" peices
- 1 15.5oz can drained & rinsed
- 1 TBSP
- 2 TBSP sliced
- 1/2 tsp
- 1/4 tsp

METHOD:

Yeilds: 4 cups
Servings: 2
Serving Size: 2 cups



MACRO BREAKDOWN:

Calories:	497
Total Fat:	10.3g
Total Carbohydrates :	80.7g
Dietary Fiber:	13.9g
Protein:	23.3g

1. In a jar, combine 1 floz lemon juice, 1 floz extra virgin olive oil, dijon mustard and minced garlic. Place the lid and shake well to combine. Season with salt and pepper to taste. Set aside.
2. Using a seive, rinse the quinoa in cold water. Add quinoa with 2 cups of cold water to a 1 1/2 qt pot. Bring to a boil. Reduce heat to low, cover and simmer for 15 minutes.
3. While quinoa is cooking, heat 1 tsp oil in a medium saute pan over medium heat. Add the asparagus and chickpeas. Cook for 1-2 minutes or until the asparagus is tender.
4. Add 1 TBSP lemon juice and lemon zest. Remove from the heat.
5. In a large bowl, combine 2 c cooked quinoa, cooked asparagus & chickpeas and the green onions. Season with salt and pepper to taste.



Ingredients

- Chickpeas, Drained & Rinsed
- Sweet Potato, 1/2" diced
- Broccoli, 1" pieces
- Onion, diced
- Tahini
- Garlic, minced
- Olive oil
- Red Pepper Flakes
- Cumin
- Kosher Salt
- Lemon Juice

Measurements

- 1 cup
- 1 medium (about 5" long)
- 3 cups
- 1 cup
- 2 TBSP
- 2 tsp
- 2 TBSP
- 1/2 tsp
- 1/2 tsp
- 1/4 tsp
- 1 tbsp

METHOD:

Yeilds: 6 cups
Servings: 2
Serving Size: 3 cups

MACRO BREAKDOWN:

Calories:	484
Total Fat:	26g
Total Carbohydrates :	51g
Dietary Fiber:	14.5g
Protein:	17g

- 1.Preheat oven to 375°F
- 2.In a large bowl, combine chickpeas, sweet potato, broccoli and onions.
- 3.In a small bowl, mix the tahini, garlic, olive oil, red pepper flakes, cumin, kosher salt and lemon juice. Pour over the veggies and mix until thoroughly coated.
- 4.Spread onto a large sheet pan and bake for 25 minutes
- 5.Remove from the oven and Enjoy!

Ingredients

Cashews
Coco Powder
Maple Syrup
Vanilla
Salt
Collagen Powder

Measurements

1 cup
3 TBSP
3 TBSP
1 tsp
1/4 tsp
4 scoops



CHOCOLATE PROTEIN PUDDING

MACRO BREAKDOWN:

Calories: 252
Total Fat: 14g
Total Carbohydrates : 22g
Dietary Fiber: 3g
Protein: 12g

METHOD:

1. In a bowl, cover cashews with warm water. Soak for 30 minutes. Drain.
2. In a blender, combine cashews, coco powder, maple syrup, vanilla and salt.
3. Add about 1/3 c water until desired consistency (creamier texture = less water)
4. Blend in your collagen powder. Ensure you add this last.
5. Allow to thicken in the refrigerator for at least 30 mins

Servings: 4
Serving Size: 4 floz

Ingredients

Baby bella mushrooms
Yellow onion, rough chop
Garlic
Olive oil
Panko bread crumbs
Nutritional yeast
Italian seasoning
Flax seeds, ground
Water
Kosher salt
Crushed Red Pepper Flakes

Measurements

8oz
180g
about 4-5 cloves, peeled
1 TBSP
1.5 c
.25 c
2 TBSP
1 TBSP
3 TBSP
1 TSP
1/2 TBSP

MACRO BREAKDOWN:

Calories: 276
Total Fat: 10g
Total Carbohydrates : 32g
Dietary Fiber: 5g
Protein: 20g

METHOD:

Servings: 4
Serving Size: 6 x 1oz balls

1. Preheat oven to 475
2. Remove the tofu from the packaging. Wrap in an absorbant towel. Place tofu between 2 sheet pans and add weight on top of the top pan using cans or other heavy kitchen items. The goal is to press out the excess liquid. Press for at least 15-20 minutes
3. In a food processor, pulse mushrooms, onions and garlic until finely chopped, scraping the bowl in between for even pieces.
4. Heat oil in a medium saute pan. Add your mushroom mix and cook until most liquid is gone, about 10 minutes
5. In a small bowl, whisk the ground flax seed and water until gelatinous
6. In a large bowl, combine the cooked mushrooms with the remaining ingredients and crumbled tofu
7. Shape in to 1" (1oz) balls using a spring scooper to portion.
8. Bake for 12 mins



VEGAN TOFU MEATBALL

Ingredients

Coconut Aminos
Rice Vinegar
Toasted Sesame Oil
Ginger, mince
Garlic, minced
Lemon Juice
Olive Oil
Shrimp, peeled & Devained
Onion, sliced
Thai Chili, chopped
Broccoli, chopped
Red Bell Pepper, sliced
Red Cabbage, shredded
Toasted Sesame Seeds

Measurements

2 TBSP
1 TBSP
1 tsp
1 TBSP
1 TBSP
1/2 TBSP
1 TBSP
4 oz
1/2 cup
1 tsp
1 cup
1 cup
1/4 cup
1/4 tsp

METHOD:

Servings: 1
Serving Size: 1

1. In a bowl, combine coconut aminos, rice vinegar, 1/2 tsp sesame oil, ginger, garlic and lemon juice.
2. Add 1/2 TBSP olive oil to saute pan over medium heat. Season shrimp with salt and pepper and add to the pan. Let cook on 1 side for 1 minute or until shrimp begin to curl and turn pink. Flip the shrimp and cook on the other side for another minute. Cook until 80% cooked - do not fully cook. Remove from the pan and cut into 1" pieces.
3. Add the other 1/2 TBSP olive oil and 1/2 tsp sesame oil. Sautee onions and thai chili for about 1 minute until the onion begins to turn translucent.
4. Toss in your broccoli with 1 tbsp water and cook for 1 minute. Add your pepper and cabbage and cook for another minute.
5. Return your cooked shrimp to the pan and pour in your stir fry sauce. Allow to cook for 1-2 minutes to allow sauce to coat all of the vegetables and thicken.
6. Remove from the heat and sprinkle on your sesame seeds.



MACRO BREAKDOWN:

Calories:	444
Total Fat:	20g
Total Carbohydrates :	42g
Dietary Fiber:	8g
Protein:	30g

GARLIC GINGER SHRIMP STIR FRY

Ingredients

- Extra Firm Tofu
- Peanut Butter, creamy unsalted
- Toasted Sesame Oil
- Coconut Aminos
- Maple Syrup
- Sambal (Chili Garlic Sauce)
- Garlic, minced

Ingredients

- Toasted Sesame Oil
- Olive Oil
- Broccoli, chopped
- Asparagus, 1/5" pieces
- Brown Rice, prepared
- Edamame, shelled
- Red Cabbage, shredded
- Red Bell Pepper, julienne
- Crispy Tofu
- Peanut Sauce
- Toasted Sesame Seeds
- Green Onion, sliced

Measurements

- 10 oz pkg
- 2 TBSP
- 1 tbs
- 2 TBSP
- 1 TBSP
- 2 tsp
- 1 tsp

Measurements

- 1 tsp
- 2 tsp
- 1 cup
- 6 spears
- .5 cup
- .5 cup
- .25 cup
- .25 small
- 1 serving
- 1 TBSP
- 1/4 tsp
- 1/4 tsp

METHOD:

- 1.Remove the tofu from the packaging. Wrap in an absorbant towel. Place tofu between 2 sheet pans and add weight on top of the top pan using cans or other heavy kitchen items. The goal is to press out the excess liquid. Press for at least 15-20 minutes
2. Preheat the oven to 400°F. Line baking sheet with parchment paper or tin foil.
3. Cut pressed tofu into 1/2" cubes and arrange on a baking sheet in a single layer. Do not overlap or they will not crisp up. Bake the tofu for 20-25 minutes until dry and firm. If you like the tofu more chewy, stick to 20 minutes, if you want it more crispy, closer to 25 minutes!
4. While tofu bakes, combine peanut butter, toasted sesame oil, coconut aminos, maple syrup, sambal and garlic. Stir until sauce is well combined
5. Remove tofu and put in a bowl with 4 TBS of the peanut sauce. Allow to marinade for 15 minutes
6. Heat a saute pan over medium heat, add tofu and sauce and saute until brown and sauce carmelizes (about 2-3 minutes). The sauce may stick to the pan - use a spatula to gently srape the edges and remove the carmelized bits. Remove the tofu from the heat for serving.

METHOD:

- 1.Heat a saute pan over medium heat. Add the toasted sesame oil and olive oil to the pan.
2. Add your bok choy, broccoli and asparagus and cook for 1-2 minutes until bright green and tender.
3. Place your brown rice in the bottom of your bowl.
4. Top your brown rice with your cooked green veggies, prepared edamame, shredded red cabbage, sliced red bell pepper and crispy tofu.
5. Drizzel 1 TBSP of the peanut sauce over the top and garnish with sesame seeds and green onions.

MACRO BREAKDOWN:

Crispy Peanut Tofu:

Calories:	415
Total Fat:	24 g
Total Carbohydrates :	34 g
Dietary Fiber:	6 g
Protein:	19 g

MACRO BREAKDOWN:

Peanut Sauce:

Calories:	58
Total Fat:	4.3g
Total Carbohydrates :	4.5g
Dietary Fiber:	0.4g
Protein:	1.1g

MACRO BREAKDOWN:

Buddha Bowl:

Calories:	676
Total Fat:	33g
Total Carbohydrates :	67g
Dietary Fiber:	19g
Protein:	37g